

HEALTHY TOGETHER NEWSLETTER

ISSUE 01



WELCOME TO YOUR FIRST HEALTHY TOGETHER NEWSLETTER

Hello and welcome to the first edition of your newsletter from Healthy Together. Each term you will receive this information leaflet designed for parents/carers and school staff.

In this update, you can find out more about the offer to primary school pupils and families from Healthy Together, some of the latest updates on our Health for Kids website and much more.

HEALTH FOR KIDS

Health for Kids enables primary school age children to learn about health in a fun and interactive way. They can venture into the four different worlds discovering exciting activities, playing games and taking quizzes along the way.

Children can play the ever popular Poop Shooter game, find out about building their character or uncover advice about moving up to secondary school through our animations and articles.



**Take a closer look
at the website
with your child by
clicking here**



HEALTH FOR KIDS: GROWNUPS

Health for Kids: Grownups provides health related advice and information specifically to parents and carers of 5-11 year olds.

Localised information, including news, public health (school) nurse contact details and local support services in the Leicester, Leicestershire and Rutland area can also be accessed through a dedicated local area.



IN THE SPOTLIGHT

SUPPORTING HOW CHILDREN FEEL ABOUT THEMSELVES

To help children better understand the feelings and thoughts they may have about themselves and their body, we have created a brand new animation.

Devised by members of the Healthy Together school nursing team, the animation offers lots of advice and useful information to help a child recognise any weaknesses, but also celebrate their strengths.



[TAKE A LOOK AT OUR NEW BODY IMAGE ANIMATION BY CLICKING HERE](#)

DID YOU KNOW YOU CAN CONTACT A SCHOOL NURSE BY TEXT?

Leicestershire Partnership NHS Trust runs a dedicated, confidential and secure text messaging service called ChatHealth for parents/carers of children aged 0-11 in Leicestershire and Rutland, which enables you to get professional health advice and support.

Text a Public Health Nurse (School Nurse) on:

07520 615 382

- | | |
|----------------------|-------------------|
| Development | Toileting |
| Sleep problems | Health issues |
| Communication issues | School transition |



THE ROLE OF THE SCHOOL NURSE



Through the local area of Health for Kids: Grownups, you can find out more about the support available to you from the Public Health (School) Nursing team at Healthy Together.

This includes finding contact details for the school nursing team at your child's school via our School Nurse Finder.



[CLICK HERE TO FIND OUT MORE ABOUT THE ROLE OF THE SCHOOL NURSE](#)

CHILDREN'S MENTAL HEALTH WEEK 6-13 FEBRUARY 2023

Health for Kids offers a number of resources to support your child with their emotional health and wellbeing. Click on the links below for more:

- [Lanterns game](#)
- [Building your character](#)
- [Feeling worried](#)
- [Feelings activity sheet](#)

WHAT TO LOOK OUT FOR NEXT TIME...

- Information on our Healthy Lifestyles campaign
 - Details of our new Healthy Food Choices game on Health for Kids
- Plus much more**